Final fundraising push after venue secured for Friarage MRI scanner
A MIDDLESBROUGH Grandma who was diagnosed with cardiomyopathy 21 years ago is the first woman in the world outside of a clinical trial to benefit from a new type of wireless pacemaker.

Joan Smith, 71, from Marton, has never let her illness get in the way of living life to the full, with husband Alan, 75, five grandchildren and former jobs as a laboratory worker and council receptionist to keep her busy.

However, she “feels like a new woman” since her operation in February, which came after two attempts at fitting a conventional cardiac resynchronisation pacemaker were unsuccessful.

Gordon Redhead, 78, has also benefitted from the new WiSE pacemaker, with he and his wife Christine now, “looking forward to a future they weren’t sure he would have.”

Joan, who “felt fitter straight away,” after the operation to fit the new pacemaker the size of a grain of rice at James Cook Hospital, said: “I
What's different about this new pacemaker?

Surgeons and cardiologists conventionally treat heart failure with a cardiac resynchronisation therapy (CRT) device, known as a biventricular pacemaker. This sits below the collar bone and relies on wires that feed into the right chambers of the heart, which perform the vital function of pumping deoxygenated blood into the lungs.

A third wire is required to maintain a steady heartbeat by “pacing” the left ventricle, where blood is pumped out through the aortic valve into the aortic arch and onward to the rest of the body.

In contrast, EBR Systems’ new tiny wireless pacemaker is implanted directly into the innermost layer of tissue that lines the left chamber of the heart, where it is most beneficial. This can then perform the same job as a traditional CRT pacemaker - controlling abnormal heart rhythms using low-energy electrical pulses to prompt the heart to beat at a normal rate - but without the need for wires and the risk of complications that comes with them.

A FANTASTIC year for the trust’s research and development team saw 2,769 patients take part in clinical trials - and £30,000 granted to a consultant who aims to prevent foot and leg amputation in diabetic kidney dialysis patients.

In total, 195 clinical trials recruited patients at South Tees in 2015-2016. The trust thanked the thousands of patients who have taken part in research as part of the National Institute of Health Research’s Clinical Trials Day.

Acknowledging our patients’ contribution to helping to develop excellence in healthcare at South Tees and beyond, Julie Rowbotham, trust R&D manager, said: “This “thank you” extends far beyond that to the thousands of people who are still involved in trials, some of whom are being followed up for 20 years and more.”

She added that in some cases, patients undergoing clinical trials don’t experience any “direct benefit” themselves but their contribution has “enormous benefit in improving outcomes for future patients.”

Trials which have benefitted patients at South Tees in the past year have looked at how we can improve patients’ wellbeing during and after their stay in intensive care in a study known as POPPI.

The STAT ROC trial also looked at whether a statin medication taken daily could reduce the chances of oesophageal cancer returning.

Another, called Eclipse, compared medication in children and young adults with long lasting seizures in an emergency setting.

And the HIVEC II trial, which bladder cancer patient Edward Sparshott shares his experience of on the South Tees YouTube channel, is looking at the effectiveness of “hot” versus “cold” chemotherapy.

As well as Edward, dancer Shannon Barstow, 20, from Ormesby, was amongst the patients to benefit from a clinical trial after fearing she had developed a career-threatening hip problem.

Shannon, who went on to open the South Tees Institute of Learning Research and Innovation (LRI) on the James Cook site, said: “Since being discharged from the clinical trial I have participated in a range of dance classes, pain free, gaining confidence within my dance ability. I can now look forward to a career in the arts.”

In the past 12 months, the trust has also shown it is at the forefront of exciting new research, when the R&D team invited colleagues at the coalface to pitch their ideas in a Dragons' Den-style competition,
for a chance to secure £30,000 to get their research proposal off the ground.

Convincing pitches from consultants across a broad range of specialties in the Dragons’ Lair 2016 event included Dr David Chadwick, impressing the dragons with a research idea around improving the diagnosis of blood borne diseases such as HIV, Hepatitis B and Hepatitis C.

Dr Helen Chitty, higher specialist trainee in neonatal medicine and neonatal nurse consultant Dr Lynne Paterson’s research proposal looked at the use of deferred consent in neonatal emergency research studies.

And Dr David Austin, consultant cardiologist, was hoping to win the funds for his research on “cardiotoxicity” caused by cancer treatments and how it could be prevented.

However, it was Dr Simon Ashwell and podiatry colleague Emma Scott who won over the fierce panel and took the coveted prize, for a project which could prevent patients going through the trauma of amputation.

Dr Ashwell, a specialist in diabetic foot disease will use the £30,000 prize to build on existing studies, which have shown people with diabetes and kidney failure who require dialysis have a higher risk of suffering foot ulcers and leg amputation.

He explains that, while this risk is well recognised, there is an “absence of published evidence on how to address the problem.”

“Multidisciplinary diabetes foot care teams have been shown to reduce admissions to hospital, length of hospital stay and leg amputation in people with diabetes,” he said.

“We have had a multi-disciplinary diabetes foot care team at James Cook since 1995 and leg amputation rates have fallen by 86% from 1995 to 2010. We now aim to do the same for people with diabetes on dialysis.”

Dr Ashwell says this group of patients can be at higher risk of foot ulcers and leg amputation as the “medical burden” of their dialysis and associated appointments - and the fact their feet are often numb due to nerve damage - means they forget about them.

Thanks to the funding, a 12 month pilot project will now see podiatrist Emma attend the dialysis unit three times per week to examine the feet of all patients with diabetes.

She will assess their risk of foot ulceration to help prevent this developing in the first place, as well as identifying and treating active diabetes-related foot problems, in partnership with the existing diabetes foot multidisciplinary team.

We hope to be able to provide positive feedback on this and many more studies in the near future!

You can see Edward talking about his involvement in the HIVEC II trial at the South Tees YouTube channel – youtube.com/southtees

OTHER successes in research and development at South Tees in 2015-2016 included:

- James Cook becoming the first hospital in the North of England to recruit suitable patients to the Prostate Advances in Comparative Evidence (PACE) trial for prostate cancer. This looks at stereotactic radiotherapy, comparing it with either conventional radiotherapy or surgery in men with prostate cancer that has not grown outside the prostate gland.
- James Cook being one of 13 centres to contribute to a landmark ovarian cancer screening trial, which involved 10,000 local women aged between 50 and 74.
- A team led by consultant neurosurgeon Manjunath Prasad being named a Clinical Research Network (CRN) team of the month, for recruiting the first two patients in the world to a major research trial comparing the safety and effectiveness of two different sealants used in neurosurgery.
- Ken Hall, 69, of Eston, becoming the first NHS patient in the country to be given a new immunotherapy drug for the treatment of lung cancer.

For more information about clinical trials and research and development at South Tees trust, visit the South Tees Institute of Learning, Research and Innovation (LRI) at https://www.southteeslri.co.uk/research-and-development

A look back at R&D successes
A Teesside man has become the first NHS patient in the country to be given a new immunotherapy drug for the treatment of lung cancer.

Ken Hall, 69, of Eston was told he may have less than a year to live when a persistent cough led to a lung cancer diagnosis in April 2014.

But the retired British Steel engineer responded so well to chemotherapy treatment that his medical oncologist, Dr Talal Mansy, made a special request to use an immunotherapy drug called Pembrolizumab through the Early Access to Medicines Scheme.

“I’m really excited about it,” said Ken. “The chemotherapy had limited success but I’m hoping the effects of this will last longer.

“I had two lots of chemotherapy and I was okay for nine months but then it started to grow again. I knew I wasn’t right because I lost my appetite and was short of breath.

“Dr Mansy said he would put me in for more chemotherapy but then he mentioned this new treatment. He made some enquires and was really keen to try it. He thought it would work so I agreed.”

Thanks to a team effort including support from histopathology, pharmacy and the chemotherapy day unit, a sample was sent off for special tests to check Ken met the right criteria to benefit from the drug and the first treatment was scheduled.

His wife Jean said: “Dr Mansy and his team worked very hard to make it happen and we are very grateful.”

Immunotherapy is designed to stimulate the body’s immune system to fight cancer cells and is less toxic than chemotherapy.

Ken’s treatment is long-term and will be given intravenously for 30 minutes every three weeks, but it is only suitable for patients meeting strict criteria and side effects have to be carefully monitored.

“Cancer switches off the body’s immune system, stopping the immune system from fighting the cancer. Immunotherapy is designed to switch the immune system back on, which allows the body’s immune system to then fight the cancer,” said Dr Mansy.

“It’s very exciting for my patient and for James Cook as we are the first centre in the UK to get access to this drug for lung cancer patients as part of the Early Access to Medicines Scheme. Previously it has only been available for lung cancer patients in clinical trials or privately.”

The Early Access to Medicines Scheme aims to give patients with life threatening conditions access to medicines that do not yet have a marketing authorisation when there is a clear unmet medical need. Under the scheme, the Medicines and Healthcare products Regulatory Agency give a scientific opinion on the benefit and risk balance of the medicine, based on the data available.

Consultant medical oncologist Dr Talal Mansy pictured with Ken Hall during his first immunotherapy treatment
This makes it easier for all patients, especially those who live in rural areas and have to travel a long way to hospital.

The Airview system is implemented in partnership between patients and the hospital, enabling patients to play a greater part in their treatment. Patients can monitor their results using a free, easy-to-use mobile phone app called myAir, which helps them make the most of their therapy and benefit from personalised coaching.

Obstructive sleep apnoea is widely under diagnosed, however more people are becoming aware of the condition and younger people are being identified as sufferers. Through monitoring patients at home the hospital can manage time more effectively and see more patients, thereby easing the growing demand for the service.

Mandy added that with the new, securely hosted system, she could do “exactly the same for patients at their home” as she could in a clinic setting. “The only thing I cannot do remotely is fit a mask,” she said.

One patient benefitting from the system is Ann Bradford, who previously worked for the NHS as an accident and emergency receptionist at Royal Cornwall Hospital (Treliske). Ann, 70, from Middleham is undergoing treatment due to difficulty sleeping, which makes her tired all the time.

She said: “This is an excellent service and I would recommend it. Being monitored in my own home is much more convenient for me. It gives me peace of mind knowing I can talk to someone if there are any problems and I don’t have to worry and am more confident about my treatment. “Travelling is reduced as I don’t have to come into hospital so often, a huge benefit living in Wensleydale as it’s a long way to the hospital. Thanks to the treatment my quality of life has improved, I sleep much better now and am more comfortable. I’m not as tired, can do more and live life to the full."

system which staff at the hospital can then view online.

Mandy Brough, respiratory specialist nurse, said the service would be much more convenient for patients. “Remote monitoring enables us to deliver a better service. We know immediately if there is a problem so we can adjust treatment levels and spot issues as they develop,” she explained.

Introducing the technology has taken more than a year to ensure the secure system works well for patients, however once a patient is set up they don’t have to attend routine appointments as frequently as they once did. The hospital can monitor the patient’s therapy and remotely trouble-shoot any problems.
A PERMANENT home has been secured for the Friarage Hospital’s MRI scanner as fundraisers launch an innovative social media campaign to help the appeal raise its final £500,000.

South Tees Hospitals Charity has confirmed that the new MRI scanner will be based at the Northallerton Hospital’s former special care baby unit but first it needs to hit its £2million target.

Fundraisers are being encouraged to share their reasons for supporting the Friarage MRI scanner appeal as part of a My Reason Is a social media campaign called #MyReasonIs to help get as many people as possible backing the final campaign push.

The charity is urging people to make a donation and share their reasons for donating and a photograph using #MyReasonIs on Twitter and Facebook. These are being used to create a special ‘pledge wall’ at www.southtees.nhs.uk/charity which will grow over the next few weeks, building up a fantastic picture of community support.

Head of fundraising and volunteering Paul Watkins said: “We launched the Friarage MRI scanner appeal two years ago and we are so close to making it happen!

“We’re urging everyone to help us with this final push to raise the remaining £500,000. Whether it’s in memory of a loved one or to support the local community there are endless motives for getting involved, so what’s your reason?”

Dr Sheamus Fitzgerald, consultant radiologist, said: “I am delighted we now have the home for the new scanner and it is fantastic to see the project progressing thanks to the generosity and support from the people of North Yorkshire.

“The staff and I are looking forward to the day we can finally start scanning our local patients at the Friarage Hospital.”

You can text scan48 to 70070 to make a donation to the Friarage MRI Scanner Appeal or visit www.friaragescannerappeal.org.uk to donate online.

Once you’ve made your donation, share your reason for supporting the campaign on Twitter and Facebook, including a picture if possible, and don’t forget to include the #MyReasons.

Not on Twitter? Email your reason and photograph to public.relations@stees.nhs.uk instead!

You can follow South Tees Hospitals Charity on Twitter @STeesCharity

#MyReasonIs

- Ethel Langford: “#MyReasons I wanted to support the local hospital and it is important to the people of Northallerton.”
- John Forrest, former mayor: “#MyReasons It will benefit local people and enhance our hospital.”
- Andrew Trueman & Johnson’s Butchers: “#MyReasons It’s a great cause and we were pleased to be able to offer our support.”
- Bill Waters: “#MyReasons To help my local hospital as a tribute to my wife.”
- Audrey Elsworth: “#MyReasons You never know when you might need a scan.”
- Rev Peter Adamson: “#MyReasons No one would have to travel further than they needed to.”
- Helen Bell: “#MyReasons The inspiration of a great friend during chemo.”
- Emma Hewison: “#MyReasons The care the hospital gave to my Dad.”
- Kerry Southall: “#MyReasons Waiting times will be reduced.”
CHIEF of surgical services, Mr David Chadwick met up with Sky Sports presenter Jeff Stelling as the TV celebrity spent ten days walking from his hometown of Hartlepool to Wembley to raise awareness for prostate cancer.

In a brief conversation as Jeff stopped off at the Riverside Stadium, Mr Chadwick thanked Jeff for the fantastic boost he had given in raising public awareness of the disease.

Mr Chadwick said: “I have noticed that for some months the Sky Sports team have been wearing Prostate Cancer UK badges on air and I very much appreciated the opportunity to meet Jeff and his colleagues to thank them for their support.

“In my experience men are now more aware of prostate cancer than they have ever been and as a result are more likely to consult with their GP to discuss their urinary symptoms and the relevance of a PSA blood test.

“Furthermore, men with a family history of prostate cancer are beginning to come forward to request screening in recognition of their increased risk of being diagnosed. More work needs to be done and with his unique broadcasting style and his status as a TV personality, Jeff is in a position to raise public awareness of prostate cancer and to tap into the minds of sports lovers across the country. I very much enjoyed meeting him and his team of walkers and wished them well on their road to Wembley.”

How Jeff’s badge saved my life

One Middlesbrough man who is well aware of the ‘silent and deadly’ cancer is Danny Bolton. The 65 year-old was diagnosed in the autumn of 2015, after first querying a lapel badge worn by Jeff and the panellists on ‘Soccer Saturday’.

“I googled what the badge represented and was going to see my GP that week so asked when I was in about having a test”, he said. “The GP said I had no symptoms but did the PSA test anyway.”

“The devastating result came out of the blue and really gutted me to be honest. I didn’t know where to go, what to do. I didn’t know where to turn. I was referred to Mr Chadwick and he explained that of the three treatments – surgery, chemotherapy or radiotherapy – the latter was for me as the cancer was aggressive and had spread beyond the prostate. As a support after treatment I was referred on to sister Lynne Kershaw.”

Lynne is a specialist nurse funded by the charity Prostate Cancer UK and Danny and his wife Tracey can’t thank her enough for the support they have received from Lynne on Danny’s road to recovery.

Danny and Tracey were so impressed with the support and care given that they became ardent fundraisers for the charity, raising over £20,000 to date.

“We’ve been selling the lapel badges and T-shirts and the whole thing has snowballed. My son is doing the London Marathon and we want to be able to help Prostate Cancer UK to fund Lynne’s post for a further year, as she and Mr Chadwick have been absolutely fantastic to me and other prostate patients. They are a lifeline to us going through this.”

Danny’s wife Tracey, who is a registered nurse, added: “The hospital and all the staff we’ve met have done us such a great service, one we will never forget and never be able to repay. The staff are simply unbelievable.”

Tracey has set her sights on fresh targets – to get British Superbike champion Shane ‘Shakey’ Byrne and sixteen times World Darts Champion Phil ‘The Power’ Taylor to wear a lapel badge. “If it wasn’t for Jeff’s badge, Danny would probably not be here today. It saved his life. We have to get the awareness out there and encourage men to take the simple PSA blood test.”
Without them Harvey would not be here!

WATCHING little Harvey play it’s hard to believe that without the support of the IVF team at James Cook he would not be here.

His mum Linsey Robinson and husband Mike are keen to raise awareness of the reproductive team’s work after the fantastic support they received throughout their IVF journey.

“Infertility is not often talked about and it wasn’t until we struggled to conceive that I realised how many people are affected by this,” said Linsey, 31 of Redcar. “After four unsuccessful cycles of fertility medication we were lucky enough to be offered IVF at James Cook. For me there was no question about the decision - when you want a baby more than anything in the world, whatever the odds you grab it.

“There is always that fear of what happens if it doesn’t work, but you just have to take one day at a time. “It was no easy journey, but the IVF team were there from start to finish offering emotional and practical support throughout the rollercoaster of fertility tests, daily hormone injections, bloods, invasive procedures and counselling, through to our pregnancy test date and that magical first scan where we saw Harvey’s heartbeat for the first time.

“It’s crazy to think that without them Harvey would not be here.”

Linsey took part in the Edinburgh Marathon in May raising more than £1,000 for the unit and 11-month-old Harvey even got in on the training action.

“On the shorter runs I take Harvey with me in his little Jogger pushchair - he’s my little running buddy and he absolutely loves it!”

The fertility clinic at James Cook offers both NHS and private treatment and has one of the best success rates in the country. It provides advanced techniques such as egg freezing, oncology freezing (freezing eggs/sperm of cancer patients) and surgical sperm extraction and has its own theatre which can treat up to 10 patients a day.

Linsey added: “We hope in doing this it will also make people aware of the amazing job the IVF team do, without which I might never have experienced the gift of being a mummy. The support they gave us from start to finish was amazing.

“Once you see how much goes into one cycle of IVF, it makes you understand how magical it is - it’s amazing how you can go from nothing to something so perfect!”

Linsey is raising money for the Infertility Fund at James Cook. To pledge your support visit justgiving.com/Linsey-Robinson1 or to find out more about the hospital’s fertility services go to southtees.nhs.uk/services/reproductive-medicine.

Abra Wood and volunteer Mandie Young hand over a range of gowns and wraps to Tina McGuchan at James Cook University Hospital.

Creating memories to cherish

VOLUNTEER knitters and donations of wool – and donations of wool – are needed to help produce tiny gowns and wraps to provide cherished memories for bereaved families in the region.

Angel Gowns with Love has been launched by Abra Wood, 25, of Darlington to help offer timely support to parents who have stillborn babies.

Abra’s daughter Esmae-Grace was stillborn at 32 weeks, so she knows just how difficult a time this can be and is determined to help others who find themselves in the same position.

At first Abra and husband Christopher began donating memory boxes to hospitals but she has now branched out into creating miniature gowns from old wedding dresses and tiny knitted wraps which provide special memories for families to cherish - whatever the gestation of the child.

“This helps give me something to focus on and do something in Esmae-Grace’s memory,” she said. “I would have loved to have been given one of these gowns.”

Abra and her team of volunteers have already produced more than 200 gowns and 300 wraps which have been donated to hospitals in the North East and the British Forces.

One recent donation was to the delivery suite at The James Cook University Hospital. McGuchan, bereavement support worker at the Middlesbrough hospital said: “We really appreciate the work that goes into these. They comfort to bereaved families such a sad time.”

Jan Coles, delivery suite team leader added: “Ladies can take these home or they can stay with the baby. They mean so much to them they really do. You get a lump in your throat every time you do one.”

To get involved go to www.facebook.com/ AngelGownsWithLove or email AngelGownsWithLove@hotmail.com.
**Join us in the Twittersphere**

**LOVE** it or hate it, social media like Facebook and Twitter have become a central part of most of our lives.

At South Tees, we’re firmly in the “love” camp, with Facebook pages for our trust as a whole, James Cook and Friargate Hospital, as well as @SouthTees twitter.

We’re proud to say that, recently, we’ve reached a couple of major milestones, achieving more than 5,000 followers on Twitter and more than 10,000 ‘likes’ on our James Cook page.

Our research and development team, major trauma centre, the South Tees Institute for Learning Research and Innovation (LRI), libraries, charities and dementia services teams are also seeing their Twitter followers grow @steesresearch, @JamesCookMTC, @SouthTeesLRI, @steeslib, @STeescharity and @steesdementia

Our very own YouTube channel, bringing you all the latest news and patient stories is also going from strength to strength, at youtube.com/southtees

All of these provide us with a quick and accessible way of sharing our latest news with you - and also give you the chance to tell us what you think of our services in a more immediate way than ever before.

Through social media, we can quickly issue advice on everything from contingency plans during recent industrial action by junior doctors, to how you can get involved in consultations on our services.

But we’re not standing still - we’re looking to grow our digital audiences to reach as many as possible of the 1.5 million people we serve.

Now, you can also find us on LinkedIn, where we will be posting future job vacancies, as well as all our latest news.

You can also find out more about the department where you have an appointment, or how to navigate the corridors of the maze-like James Cook with our campus map at www.southtees.nhs.uk

Many of you already take to Facebook to post reviews about our services – some positive and some negative – and we welcome them all.

Patients and their families telling us what we have got right - and what we could have done better - is the only way we can improve.

Our patient advice and liaison service (PALS), on freephone 0800 028245, 01642 854807 or 01642 282657 or by email at pals@stees.nhs.uk takes formal comments and complaints.

Those who still prefer to write a letter can also send it to Patient Advice and Liaison Service, The James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW.

But if you are on Facebook or Twitter, please give us a look, like and a follow, at www.twitter.com/ SouthTees, www.facebook.com/ JamesCookHospital www.facebook.com/SouthTeesHospitals and www.facebook.com/FriargateHospital. We look forward to seeing you there!

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**Comfort and care**

**YOUNG** patients on James Cook’s paediatric intensive care unit (PICU) are benefitting from specially made soft and comfortable bedspreads, thanks to Carillion’s laundry staff.

To make the unit as welcoming and comfortable as possible for the seriously ill young children they care for and their families, the staff asked for the laundry’s help. The lovely bedspreads in comforting pastel colours and in three sizes designed for the cots and beds on PICU were the result.

Senior sister, Carolyn Carveth-Marshall, said: “The bedspreads make the unit more warm and welcoming for our young patients and their families. They are proving very popular and make a real difference.”

“We would like to thank the caring Carillion laundry team for generously making and providing them specifically for us.”

Michael Peace, laundry manager, said: “The laundry staff are delighted to be able to help and to produce something which benefits the children and enhances the healing environment making it more pleasant and welcoming.”

Bedspreads were also generously provided by Carillion laundry staff for the maternity induction suite at James Cook to provide a homely feel.
FRIENDS and fellow volunteers at the James Cook University Hospital Voluntary Services coffee lounge remember volunteer, Magda Tinning (Scotty) who sadly passed away on 16 December 2015.

Scotty was an enthusiastic and much loved familiar face at the coffee lounge at James Cook, welcoming staff, patients and visitors with her caring and friendly personality.

Originally from Chryston, Lanarkshire near Glasgow - hence the nickname - Scotty was a loyal, highly valued volunteer with 35 years of dedicated service. She became a volunteer when South Cleveland Hospital first opened in 1981 and the coffee shop was only small and situated in the chapel.

Dymphna Robertson, a volunteer since 1988 with over 26 years’ service, said: “Scotty was a lovely lady and much appreciated and admired by everyone she worked with. She took care of everybody, was always helpful and kind and committed to ensuring her customers were well looked after.”

Coffee lounge manager, Georgina Oakley, said: “Scotty had a wicked sense of humour and always had me in stitches. She was an inspiration to me and a wonderful asset to the coffee lounge.

“It’s thanks to Scotty’s dedication and commitment the coffee lounge is the success it is today. She will be sadly missed and we all remember her with fondness and have happy memories. Our thoughts are with her family.”

Trolley's good

JAMES Cook’s regional major trauma centre has a brand new all-terrain trolley which will enhance patient comfort and safety.

The trolley - which has generously been provided by James Cook University Hospital Voluntary Services - will be used during helicopter transfers for patients coming in to hospital by air ambulance.

The all-terrain trolley has robust wheels and is specifically for outdoor use. Staff can use it to go up and down to the ramp to the helipad instead of the existing trolleys which are mainly for indoor use.

The journey from helicopter to the department will be more comfortable for patients, particularly important for patients with suspected spinal injuries and patients in pain from major trauma.

Sue Murphy, A&E department manager, said: “On behalf of the patients and staff we greatly appreciate this very generous gift from the voluntary services. “The trolley will improve the patients’ journey from the helipad into the department and also means our existing trolleys do not suffer major wear and tear from being used outside.”

Annual members meeting – diary date

THIS year’s meeting will take place on Tuesday 19 July 2016 in the Learning, Research and Innovation Institute at James Cook in the Ian Haslock lecture theatre, 12 noon to 1pm.

Everyone is welcome to attend. For more details keep checking our website www.southtees.nhs.uk
Patients now receiving intravenous antibiotics at home

GREAT-GRANDMOTHER
Anne Clark was only eight years old when she was diagnosed with a long-term lung condition.

For the past 15 years the 78-year-old retired clerk from Eston has been admitted to hospital twice a year to enable doctors to treat her bronchiectasis with a two-week course of intravenous (IV) antibiotics – medicine delivered through a cannula or catheter (tube) directly into a vein.

But thanks to a new service recently commissioned at South Tees Hospitals, Anne can now receive this treatment from the comfort of her own home.

All community matrons in Middlesbrough, Redcar and Cleveland have now been trained to administer IV antibiotics. The move will save some patients having to spend 14 days in hospital up to three times a year for IV treatment when they are otherwise fit and well. It will also free up hospital beds for more acutely ill patients.

“It’s just wonderful being able to stay at home and have this treatment,” said Anne, who was first to benefit from the new service.

“There’s no comparison when you can be in your own home following your own routine.”

Thanks to funding from South Tees Clinical Commissioning Group (CCG), IV antibiotics are now available in the community for patients with non-cystic fibrosis bronchiectasis - a long-term condition where the airways of the lungs become abnormally widened and damaged leading to recurrent chest infections – provided they meet certain criteria.

Dr George Antunes, consultant respiratory physician said: “The first two doses of antibiotics are administered in hospital to make sure there are no side effects and then the rest of the IV antibiotic treatment is given at home by the community matron team.”

In future the aim is to offer IV antibiotic treatment at home to other patients with chronic lung disease.

The service has been introduced as part of South Tees CCG’s IMProVE (Integrated Management and Proactive Care for the Vulnerable and Elderly) programme.

Julie Stevens from NHS South Tees CCG said: “Our IMProVE programme was introduced to offer patients like Anne the opportunity to access services in their home or as close to their home as possible. It’s good to see the benefits this brings and means that Anne can continue to receive the same high quality treatment in her own home.”

Fond farewell to Karen

HEALTH care assistant, Karen Whiting, has retired after more than 37 years dedicated service to the NHS at the Friarage.

Karen started work as a nursing auxiliary, completed her NVQ2 and NVQ3 training and spent the best part of her nursing career working on the medical wards and on the Friarage’s Romanby ward, since 2000.

Enjoying more time with her husband and family and in particular her grandchildren is her main priority during her retirement. She is also looking forward to having more time to enjoy her hobbies of swimming, walking and reading.

Karen said: “I am sad to go but have loved every minute of my nursing career at the Friarage.”

Amanda Lombard, ward sister, said: “Karen is dedicated, tremendously loyal and well respected on the ward. She will be sorely missed by everyone including the many patients she has helped to care for over the years. We wish her all the very best in her retirement and for the future.”

Karen (third right) pictured with some of her colleagues

Anne Clark, the first patient in the South Tees area to receive IV antibiotics at home - pictured with respiratory nurse specialists Janet Leight (pictured back left), Kathleen Allison (pictured back right) and Tina Stallard and consultant respiratory physician Dr George Antunes
New charity hub opens in

By Cameron Wenn

A BRAND new interactive charity and fundraising hub has opened its doors at James Cook.

The welcoming glass-fronted new space - decorated in the same colours of South Tees Hospitals Charity’s logo - will give patients, visitors and staff the opportunity to find out more about the fundraising.

There the charity team will be on hand to talk to visitors about how they can fundraise, the types of activities that they can be involved with and to directly receive donations.

A dedicated picture wall highlighting some of our fantastic fundraisers and the impact they have had across the organisation will also be on show.

Head of fundraising Paul Watkins said: “We’re delighted to be able to unveil our new fundraising hub – it’s a really exciting and proud time for us.

“This has been an ambition of ours for quite a while and we are pleased it is now here. We hope that a bigger fundraising presence in the hospital will help us to exceed our fundraising goals.”

The hub space has been generously donated by the trust’s PFI landlord Endeavour SCH plc for five years, rent free.

Currently the charity is doing a final fundraising drive on its £2million appeal for an MRI Scanner at the Friarage Hospital although it oversees 317 funds in total, which means there are plenty of other areas where donations have made a real difference to patients and staff.

Head of fundraising Paul Watkins said: “We’re delighted to be able to unveil our new fundraising hub – it’s a really exciting and proud time for us.

“This has been an ambition of ours for quite a while and we are pleased it is now here. We hope that a bigger fundraising presence in the hospital will help us to exceed our fundraising goals.”

The hub space has been generously donated by the trust’s PFI landlord Endeavour SCH plc for five years, rent free.

Currently the charity is doing a final fundraising drive on its £2million appeal for an MRI Scanner at the Friarage Hospital although it oversees 317 funds in total, which means there are plenty of other areas where donations have made a real difference to patients and staff.

Paul added: “We cannot say thank you enough to all our volunteers, carers, staff and local communities who have organised events and given donations and their valuable spare time to improve the services we provide and to Endeavour for this central location.

“The hub gives us an opportunity to grow and raise our profile not just with the public but also with our own staff and there is scope to really branch out, for example perhaps by selling merchandise at a later stage.”

In the last financial year (2015/2016), £803,000 in donations and bequests totalling £292,000 were made to South Tees Hospitals Charity. Some of the items which have been funded include:

• A specialist £6,000 postural chair for ward 24’s neurosurgical high dependency unit, which can go in lots of different positions making it comfortable for patients and allowing them to sit for longer periods of time.

• Specialist baby monitors costing £10,000 for newly diagnosed babies with epilepsy.

• A dedicated £7,000 bladder scanner for oncology patients and those receiving radiotherapy.
A sofa bed and specialist chairs costing £9,000 which give parents a comfortable place to sleep and stay after their partners have had a baby.

- Counselling services (£32,000) which have enabled patients and their families come to term with a cancer diagnosis.

- Free television viewing on the renal unit while patients are dialysing saving them £10,000

- The production of a ‘survivors of ITU’ leaflet helping patients and their families adjust after being in intensive care.

- Dedicated breast feeding nursing post to support new mums with premature babies in incubators helping them to bond with their babies.

The hub is open Monday to Friday between 10am and 4pm and can be found in the heart of the hospital, opposite Costa Coffee.

Better Health Programme

The Better Health programme is about how the NHS in Darlington, Durham and Tees can improve outcomes and experience for patients when they need care, especially in an emergency.

The programme is likely to result in significant changes to improve the way services are provided to patients, and to enable our staff to work more effectively which is why we are seeking your views in helping us develop the way ahead.

Across County Durham and the Tees Valley, around 35,000 NHS staff serve a population of 1.2 million people* in specialist and local hospitals, in GP practices and community settings, and at home.

Our health needs are changing. Thanks to better care, we are surviving illnesses and living with conditions for much longer than we used to. This means that our health services need to change too.

The Better Health programme is about how your local NHS can provide you and your families with the best possible services over the next five years, and beyond.

Health leaders, including doctors, nurses and other care professions in County Durham and the Tees Valley are looking at how we do this, in discussion with their colleagues and with patients and their representatives.

They are looking at a range of issues including:

- How different parts of care services – including hospitals, GPs, community and social care – can work together more effectively

- How the health needs of people living in County Durham and Tees Valley are changing, and how services can change to meet those needs

- How we make sure all of our patients receive care that is of an equally high standard, wherever and whenever they are treated

- Making sure patients are always treated by staff with the right training and skills to meet their needs

- Making sure we have the necessary urgent and emergency care available in the right place and the right time, seven-days a week

- How we make the best use of the resources we receive from you, the tax payer.

For further information about the Programme, how to get involved and the latest engagement events please visit www.nhsbetterhealth.org.uk
Street party celebration for therapeutic care and the Queen’s 90th

THE THERAPEUTIC care team helped celebrate the Queen’s 90th birthday with a ‘street party’ in the atrium at James Cook.

There was a tremendous turnout from staff, patients and visitors who enjoyed cakes, singing and family entertainers. Volunteers brought patients down from the wards to enjoy the festivities while staff dropped by on their lunch breaks to help mark the occasion.

A celebration cake was cut by trust chairman Deborah Jenkins who said: “It’s great to be able to celebrate Her Majesty’s birthday in this way and I think it’s important that hospitals join in with events like this as it’s good for the community within the hospital.”

The event was a joint effort between the therapeutic care team and support workers with the knitting support circle making all the bunting that decorated the atrium.

Debi Mckeown, nursing sister therapeutic care added: “Everyone’s had lots of fun, there’s been lots of laughter and smiling faces! We’re lucky to have so many wonderful volunteers that helped put all this together.”

NHS retirement not the end for Rudy

PROFESSOR Rudy Bilous has retired from the NHS after 26 years - but he won’t be putting his feet up just yet!

The senior consultant, who worked as a specialist in diabetes and endocrinology and had previously been clinical director for diabetes and chief of the academic service, has taken up the post of dean of clinical affairs for Newcastle University Medicine in Malaysia.

Known to most simply as “Prof”, he played a key role in developing specialist services such as insulin pump therapy and the joint obstetric medical service for women with diabetes and is recognised internationally for his extensive research work.

Nationally he has undertaken a number of roles including chair of the professional section of Diabetes UK and chair of the NICE panel that defined guidelines for the management of diabetes in pregnancy.

Consultant colleague Dr Steve Jones said: “Rudy was loved and respected by his patients and his colleagues. He held many important local, regional and national roles but was first and foremost a great clinician. He will be missed by all of us and we wish him well in his new role.”
James Cook sepsis nurse on lifesaving mission to increase awareness

ONE of the first sepsis nurses in the UK is hoping to increase survival rates from the deadly condition and promote the importance of her lifesaving role through a forum she chairs.

Jacqui Jones was the only sepsis nurse in the UK for about three years following the end of a year-long pilot of the role from 2010.

Now, the trust trains more than 500 staff a year on sepsis awareness and detecting and treating the life-threatening condition.

“Within my professional role, I am continually exposed to the devastating effects of sepsis,” said Jacqui.

“It is a huge challenge not only locally, but nationally and internationally.

“Sepsis needs publicity. It needs to be high on the health care agenda and investment is needed to sustain and continue to make improvements.

“I feel extremely proud to work for an organisation which has patient safety as a number one priority and continues to support the fight against sepsis.”

As chair of the UK Sepsis Nurse Forum (UKSNF), she is keen to provide education and awareness around the fact that, if sepsis is recognised and managed promptly, a patient’s chances of survival are vastly increased.

She is also focused on improving partnership working between sepsis nurses to share best practice, improve awareness - and ultimately save lives.

“It is vital we support staff with education and resources to enable them to have the skills to recognise and treat sepsis on time, every time,” said Jacqui, who developed the UK Sepsis Nurse Forum alongside Paul Drew, of Sandwell and West Birmingham Hospital Trust.

UKSNF now boasts 66 sepsis nurses – and 33 of these attended the forum’s second Annual General Meeting (AGM) earlier this year, compared to only 16 in the first year.

However, Jacqui is keen to grow the forum even more, as she believes a united group is capable of ensuring more lives are saved from deadly sepsis.

“The resources we share are invaluable and support of each other is vital,” said Jacqui, who developed the UK Sepsis Nurse Forum alongside Paul Drew, of Sandwell and West Birmingham Hospital Trust.

Jacqui has already set up a regional group for the North-east - and is now encouraging the development of other regional groups across the country.

It is hoped these regional groups will be able to meet up monthly and feed into the national forum.

You can follow the UKSNF on Twitter @UKsepsisnurses

Jacqui Jones, sepsis nurse at James Cook also chairs the UK Sepsis Nurse Forum

Award-winning nursing leader retires from NHS

DEPUTY director of nursing Audrey Kirby has retired after almost 30 years at the trust but is set to continue her nursing links with the Middlesbrough Pilgrimage.

Audrey (pictured here with director of nursing Gill Hunt and chief executive Siobhan McArdle) joined the trust in 1987, working predominantly in neurosciences and speciality medicine as well as a nurse practitioner at the Friarage.

Audrey said: “Thank you to my friends and colleagues for the last 29 years, I have had an amazing career.

“I came into nursing after going on pilgrimage to Lourdes where I was blown away by the care and compassion of those volunteers caring for the sick.

“I have been part of the Middlesbrough Pilgrimage since 1987 working as a nurse. It is an amazing experience.

“We continue to struggle recruiting volunteers particularly registered nurses and doctors, we also need non-registered staff to support. The number of sick pilgrims we can take is dependent on numbers of volunteers - everyone has something to offer and training is given. The dates for next year are 26 May to 2 June 2017.”

Gill Hunt said: “Audrey’s contribution to nursing leadership has been huge. She was one of the first clinical matrons within the organisation and has been a senior nurse, head of nursing and finally the deputy director of nursing.

“Her commitment to patient care has never faltered and her leadership abilities were formally recognised when she was awarded the Nursing Times Nurse Leader of the Year award in 2013, a fabulous and hugely deserved accolade. Her contribution to nursing and South Tees has been significant and she will be hugely missed by many.”

For further information email a.kirby1356@gmail.com or call 07791071159.
Trust serves up a treat for Tour De Yorkshire supporters

CONSULTANTS and surgeons from the trust came out to support Tour de Yorkshire cyclists as they whizzed past James Cook on Marton Road.

The vascular and endovascular surgery department joined forces with the trust’s specialist weight management service, The Circulation Foundation and colleagues from South Tees Clinical Commissioning Group (CCG) to serve up tasty and heart healthy Mediterranean treats to the crowds who came out to cheer on the cyclists.

Also braving the unusually cold Mayday was Joanna Feeney, stop smoking service lead from Middlesbrough Redcar and Cleveland Stop Smoking Service, with help and advice on how to quit the habit and get fitter.

Barnabas Green, consultant vascular surgeon said: “It was a great day despite the weather and good to witness the spectacle of all the cyclists and their crews whizzing up Marton Road.

“We were out encouraging people to have their BMI - or height and weight - checked and offering advice on our cardiovascular services, raising awareness of vascular disease, a common, but little known sign of which can be pain in the legs when exercising.

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A FACEBOOK post from James Cook warning those who had overindulged in chocolate over the Easter Bank Holiday to stay away from A&E reached hundreds of thousands of people around the globe, after being picked up by local and national press.

The message, stating: “Believe it or not, we do have people coming into A&E with stomach aches caused by over-indulgence” even became a talking point on Channel 4’s Gogglebox, in which families are filmed as they gather around the TV watching the week’s top news stories and television programmes.

The message aimed to encourage those with minor illnesses and injuries to think self-care, pharmacies and NHS 111 first, rather than coming straight to A&E.

Sue Murphy, who was on duty as manager at James Cook over the bank holiday weekend, said: “There were

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Several people with stomach problems because they had overindulged, whether on Easter eggs or other things over the Easter period.”

Other minor ailments seen at the regional major trauma centre over the Easter break included cold sores and mouth ulcers.

“These are some of the types of things we have seen coming through, which could be dealt with by a pharmacy,” said Sue.

She added A&E is appropriate for anybody who has been in a serious accident or suffered a burn or scalp, has chest pain, has suddenly become confused, started experiencing fits or lost consciousness, has breathing difficulties, severe bleeding that cannot be stopped, severe allergic reactions, or any symptoms of stroke.

For more information and a gallery of pictures and video as the cyclists travelled up Marton Road, visit http://southtees.nhs.uk/news/hospitals/james-cook-consultants-surgeons-support-tour-de-yorkshire/
Clinical placements gain international appeal

A GROUP of 28 medical student doctors from Malaysia have completed a six-week clinical placement at James Cook as part of the Newcastle University Medicine Malaysia curriculum.

Jane Bates, undergraduate medical education manager, was proud to welcome them to the trust for a second year. “This increases our international reputation as a teaching hospital of excellence and we hope to attract even more of these students next year. “Thank you to all the staff who helped make the placements a success – all of the students said they would recommend us to their colleagues in the future.

“They described the hospitality, the facilities and the environment at James Cook as ‘awesome’ and said it was an honour to work with such a ‘wonderful team’.”

South Tees Nightingales Honoured

CARE and compassion beyond the call of duty has been rewarded at the trust’s annual Nightingale Awards.

Nurses and midwives, including a community team who helped fulfil a patient’s wish to die at home, a caring professional who organised a wedding for a terminally ill patient and another who wrote a book for siblings about their little brother or sister’s stay in the neonatal unit, were among the winners at the annual awards ceremony, held at Middlesbrough FC’s Riverside Stadium.

Ann Marie Pryde, an assistant practitioner on the neonatal unit at James Cook, was honoured as overall winner, following her nomination by colleagues Sue Thompson and Jane Hall.

Modest Ann Marie, who also picked up the award for best healthcare assistant, said: “I’m shocked. We heard lots of lovely stories throughout the day who are all more than deserving winners.

“Good nursing is all down to teamwork – it’s not just one individual. If it wasn’t for the whole team effort that sees everyone pulling together, none of our wards or hospitals would be able to exist.”

Ann Marie’s work in the past year has included developing a stoma care plan for babies after bowel surgery, which enables parents to feel more confident in caring for their child.

She has also put together a family guide and booklet for siblings of poorly babies on the unit, which includes puzzles, photos of equipment used on the unit with explanations and a section for children to write down their feelings and any questions they might have.

Other Nightingale Award winners included Kim Barstow, who helped to organise the wedding of a terminally ill patient. She was named winner of the Staff Nursing award.

Student nurse Samuel Woodhouse and Jo Tye, paediatric nurse were also recognised for their outstanding work over the past year, alongside midwife Emily Williams, military nurse Corporal Natasha Sinclair and nurse mentor Sue Beech.

Beverley Rodgers was named Matron Award winner and Naomi Biggs won the Friends of the Friarage award.

Lydia Bussey picked up the Sister’s award, while Lynne Young was the Senior Nursing award winner.

Ward Five at James Cook scooped two gongs, the Teams award and the McCormack award.

Meanwhile, the Northallerton Community Nursing Team received the Community award for their outstanding care of a patient in her own home in her final days.

Gill Hunt, Director of Nursing, said: “It was a huge honour and a privilege to hear the many stories demonstrating how our nurses and midwives go above and beyond the call of duty for our patients every day.”

More information on the winners, including pictures, is available at www.southtees.nhs.uk
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